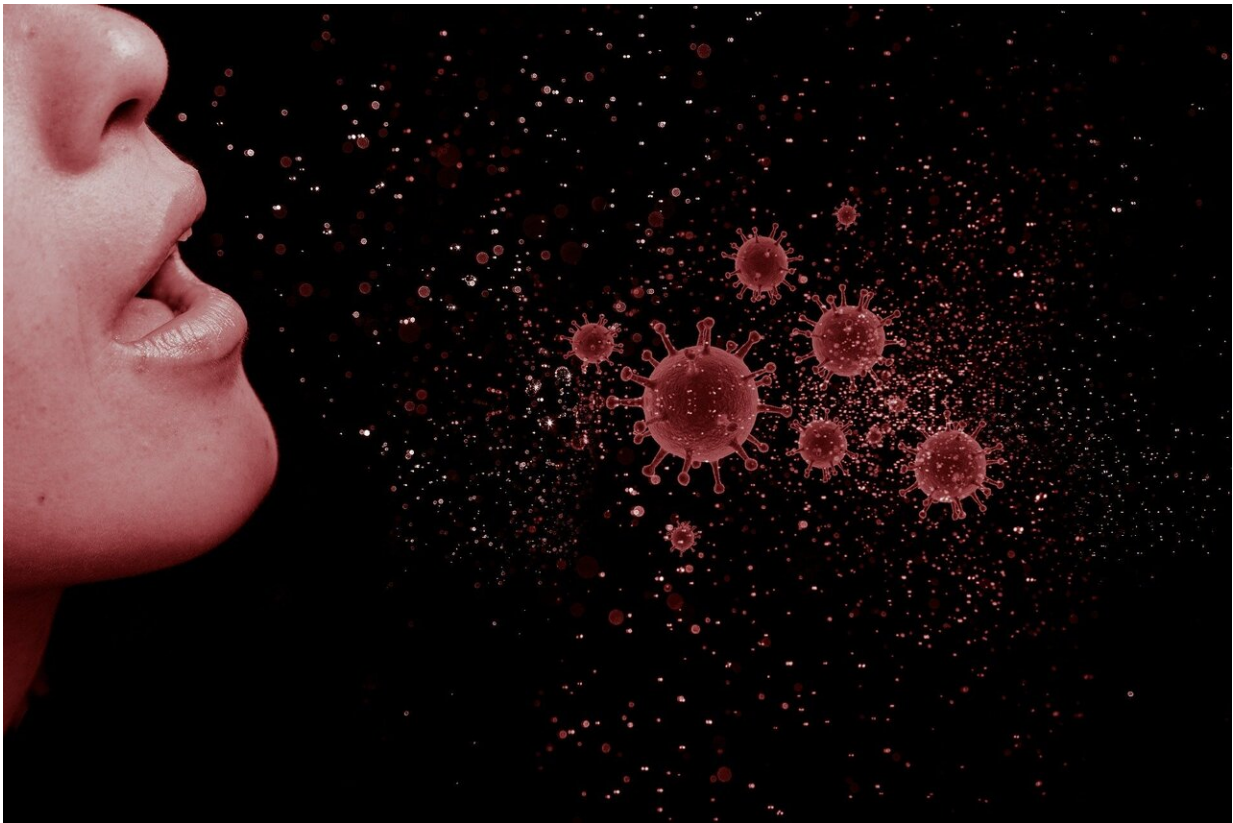


## Video: Can I take my mask off when I sneeze? (No.)

September 15 2020

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Credit: CC0 Public Domain

Coughing and sneezing into a mask can be uncomfortable for the wearer, but those moments can be the most dangerous in which to remove your mask.

In this video, Elizabeth McGraw, director of the Center for Infectious Disease Dynamics, explains the risk with greater detail.

Provided by Pennsylvania State University

Citation: Video: Can I take my mask off when I sneeze? (No.) (2020, September 15) retrieved 30 June 2024 from <https://medicalxpress.com/news/2020-09-video-mask.html>

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